

QUARTERBACK/RECEIVER *Showtime Training*



“Don't Let Your Winter & Spring Training Go To Waste”



This camp has been designed to continue to improve QB arm strength, proper throwing technique and footwork. Strong emphasis will be placed on reading coverage, patterns, and combination routes.

Receivers will continue to improve eye-hand coordination, balance, catching skills, and route/pattern running.

G E T I N T H E G A M E

Under the direction of Rob Zappia; Former Starting Quarterback at Ithaca College, Buffalo Bills Training Camp

Ages 7 - 12	Sundays	Jan. 22, 29, Feb. 5, 12	1:00 - 1:55pm
Ages 13 - 17	Sundays	Jan. 22, 29, Feb. 5, 12	4:00 - 4:55pm
Ages 7 - 12	Sundays	Feb. 19, 26, Mar. 4, 11	1:00 - 1:55pm
Ages 13 - 17	Sundays	Feb. 19, 26, Mar. 4, 11	4:00 - 4:55pm

Cost: \$80*/\$92

www.therocksportspark.com

Registration is available online, by telephone, or by the form below.

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TOP GUN INSTRUCTIONAL FOOTBALL



Player's Name _____

Date of Birth _____

Address _____

Parent(s) Name _____

City _____ State _____ Zip _____

Emergency _____

Phone Number _____

Email Address _____

Register my player for (circle session and age group):

Total Payment \$ _____

SESSION NUMBERS

Visa () Mastercard () Amex () Credit Card #:

Exp. Date:

Make checks payable to and mail to: Frozen Ropes 24 Old Black Meadow Road, Chester, NY 10918

Tel: 845.469.9507

Fax: 845.469.6742

Email: chester@frozenropes.com



www.therocksportspark.com
ALL PROGRAMS HAVE LIMITED ENROLLMENT